

IRENE'S MYOMASSOLOGY INSTITUTE

20601 Franklin Road Southfield, MI 48033 (248)350-1400 FAX (248)350-8068

Anyone is welcome to attend these classes. However, those marked with * require prior massage training or a minimum of 12 hands-on classes. **Bring a sheet and towel for bodywork classes!**

Required elective hours are included in tuition for all full time students. An administrative fee of \$10.00 is charged for cancelling a scheduled elective up to five days prior to class. A \$25.00 fee is charged for less than five day notice of cancellation. A \$50.00 fee is charged for less than 24 hour notice of cancellation or absence.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	\$ Per Hour
2018	\$92	\$184	\$276	\$368	\$460	\$23.00
2019						

For Non-current Students, full payment for the class plus any additional charges is required for registration. This is refundable less the \$10.00 fee, with five day prior notice. If absent without five day prior notice, the above administrative fees apply.

January 2018

- 13&14 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
 20&21 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
 21 **Canine Massage** Sun 2:00-6:00 4hrs - students are required to bring a friendly dog to massage and a blanket
 27&28 ***Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
 27&28 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases

February 2018

- 3&4 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
 4 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
 10 **Feng Shui** Sat 9:00-1:00 4hrs
 10&11 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
 11 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
 11 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
 16/17/18 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
 17 **Preventing and Treating Career Injury** Sat 9:00-1:00 4hrs
 17 **Effective Sciatica Treatment** Sat 2:00-6:00 4hrs
 18 ***Enhanced Gluteal Massage & Finishing Strokes** Sun 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
 18 ***Enhanced Chest & Shoulder Massage** Sun 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
 24&25 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a washcloth and bath towel
 25 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms

March 2018

- 3&4 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
 3&4 **Reiki I** Sat&Sun 9:30-3:30 12hrs
 Daylight Saving Time Begins March 11th

- 10&11 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
 11 ***Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing
 17 **Herbology** Sat 9:30-5:30 8hrs
 17&18 ***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
 17&18 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
 24 **Spiritual Development** Sat 9:30-5:30 8hrs
 24&25 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

April 2018

- 7 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
 7&8 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
 8 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
 14&15 ***Spa Treatments** Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
 14&15 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
 21&22 **Polarity** Sat&Sun 9:00-5:00 16hrs
 21&22 ***Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil
 28 ***Massage for Headaches** Sat 9:00-1:00 4hrs
 28 ***TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear loose fitting clothing
 28&29 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 28&29 ***Equine Massage** Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, ask for handout for what to bring
 29 ***Flowing Bodywork** Sun 9:30-5:30 8 hrs - bring two flat sheets and a towel

May 2018

- 5&6 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
 6 ***Wrist and Arm Pain** Sun 9:30-5:30 8hrs - bring two sheets and towel
 12 **Infant Massage** Sat 9:00-1:00 4hrs - ask for handout for what to bring
 12&13 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
 19 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
 19&20 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow

20 *Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
June 2018
 2&3 *Myofascial Release Therapy Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
 9&10 *Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
 9&10 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
 16 Crystal Healing Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class
 16 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs
 17 Effective Sciatica Treatment Sun 9:00-1:00 4hrs
 17 Preventing and Treating Career Injury Sun 2:00-6:00 4hrs
 23&24 Reiki I Sat&Sun 9:30-3:30 12hrs
 29/30/1 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)

July 2018

7&8 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
 8 Canine Massage Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
 14&15 *Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
 15 Guided Imagery Sun 9:00-1:00 4hrs
 21&22 *Musculoskeletal Dysfunction-Assess & Interpret Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
 21&22 Thai-Yurvedic Yoga Massage II Sat&Sun 9:30-5:30 16 hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
 28&29 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils

August 2018

4&5 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
 4&5 *Equine Massage Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, ask for handout for what to bring
 5 *Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing
 11 Transforming Grief Sat 9:30-5:30 8hrs
 11&12 *Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
 12 Sound and Vibration Healing Sun 9:00-1:00 4hrs
 18&19 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
 19 *Kinesiology Taping Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
 25 *Enhanced Gluteal Massage & Finishing Strokes Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
 25 *Enhanced Chest & Shoulder Massage Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
 25&26 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
 26 *TMJ Dysfunction Sun 9:00-1:00 4hrs - wear loose fitting clothing
 26 *Massage for Headaches Sun 2:00-6:00 4hrs

September 2018

8&9 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
 8&9 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
 15 Effective Sciatica Treatment Sat 9:00-1:00 4hrs
 15 Preventing and Treating Career Injury Sat 2:00-6:00 4hrs
 15&16 *Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
 16 Aligning and Clearing the Chakras Sun 9:00-1:00 4hrs
 16 Crystal Healing Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
 21/22/23 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
 22&23 *Spa Treatments Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
 29 Spiritual Development Sat 9:30-5:30 8hrs
 29&30 Reiki I Sat&Sun 9:30-3:30 12hrs
 30 Feng Shui Sun 9:00-1:00 4hrs

October 2018

6 *Wrist and Arm Pain Sat 9:30-5:30 8hrs - bring two sheets and towel
 6&7 Aromatherapy Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
 7 Mind Body Medicine Sun 9:00-1:00 4hrs
 13 Avoiding Disease Naturally Sat 9:00-1:00 4hrs
 13&14 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 14 *Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
 20 Canine Massage Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
 20&21 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
 27&28 *Myofascial Release Therapy Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
 27&28 Polarity Sat&Sun 9:00-5:00 16hrs

November 2018

3&4 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
 4 *Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing
 10&11 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
 11 Herbology Sun 9:30-5:30 8hrs
 17&18 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
 17&18 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring

December 2018

1&2 *Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
 1&2 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
 8&9 *Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
 14/15/16 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
 15 *Massage for Headaches Sat 9:00-1:00 4hrs

15 *TMJ Dysfunction Sat 2:00-6:00 4hrs - wear loose fitting clothing